PRINCIPAL’S MESSAGE - MR TIM O’BRIEN - 67661677

NAPLAN: Student Naplan reports for years 7 & 9 will be issued to students today Friday 16th September 2011. I urge parents to ensure their child brings the report home and you go through the results with your child. Important information about the writing results is included with the report as a separate sheet, also e-mailed to parents.

Year 12: All year 12 families will receive a letter from me regarding end of year activities for our year 12 students. Please make the time to read the letter and discuss it with your son or daughter, I believe we need to break from a tradition that no longer warrants a place in our school’s culture.

Year 11: Attendance since the yearly exams there has been a high absence rate among year 11 students. Parents are reminded that year 11 students are expected to be at school completing year 11 courses, obtaining feedback from teachers and preparing for transition into year 12 in Term 4.

Year 11: Very Important: The procedure for some Y11 students to reduce their senior course load (drop a course) begins on Monday 19th September 2011. It involves a number of student/staff interviews. Any student intending to take this option must be present at school to work through the process.

SCRIPTURE UNION LOCKDOWN

Scripture Union HSC Lockdown is being held this year at Tamworth High School from the 26th-30th September 2011. HSC Lockdown is a study week open for any students who are completing their HSC in 2011. The purpose of HSC Lockdown is to provide students with the environment where they can effectively, receive support and individual tutoring from qualified teachers, meet new friends as well as relaxing without guilt, and having some fun. A short bible talk at lunch time challenges students to consider their life after the HSC. Our guest speaker this year is a returning local, Simon Massey who works full time for Compassion Australia.

HSC Lockdown is a study “camp” with a twist in that the students get to sleep in their own beds, but have the satisfaction of knowing that they have done a solid block of study during the day. The program requires students to commit to twenty-five hours of supervised study over five days, and they can also get involved in optional extra study periods and sit mock exams.

The HSC Lockdown team includes teachers from local schools, local youth workers, university students, committed volunteers and members of the Scripture Union’s staff. We have been running study weeks for many years supporting students and their parents during a very stressful and pressured time of life.

People who want more information or who would like to register can do so online at www.hsclockdown.com or call Jonathan Harris on 00488 744 040. Rego spots are limited and filling up fast.

Scripture Union has run HSC study camps in various locations throughout the state for many years in NSW. They have extensive experience in running camps, missions, lunchtime Christian groups and many other activities in NSW schools. Scripture Union has run HSC study camps in various locations across NSW since the 1970’s www.sunsw.org.au

COLES VOUCHERS

Any students/parents who have collected COLES vouchers for our school please drop them off to the FRONT OFFICE. We are aiming for and even larger collection of vouchers this time to receive more sporting equipment for our school. We are hoping for your support. Thank You.

WOOLWORTH EARN AND LEARN

Parents, Grandparents, neighbours and friends who save their WOOLWORTHS receipts for Oxley High School. Students please put the receipts in the GREEN BOX on the table outside the ENGLISH STAFFROOM. Help us earn books, equipment, multi-media software, art materials and heaps more for you to use!!!

NORTH WEST OZTAG GALA DAY

Oxley had nine teams competing in the Annual High School Oztag Gala Day which was held on the 1st September 2011. The divisions are made up of Boys and Girls, Y7/8 and Yr9/10. The boys Yr 9/10 division was strongly supported with 4 teams, 2 teams made up the Boys Yr 7/8 division, 2 in the Yr7/8 Girls Division and 1 team in the Yr 9/10 Girls division.

Overall there were 24 teams competing from Tamworth, Oxley, Peel and Farrer High Schools. Oxley dominated the day with the Chickie Babes team in the Junior Girls winning the grand final. Chickie Babes players were Tessa Pennefather, Chynae Green, Lia Mills, Ruby Kelly, Lily Newby, Eliza Paddison, Stephanie Cadby, Jesse McIntosh, Paris Sharpe, Jessica Whitbread. The Oxley Senior Girls won their final with a try to Rachel James, other players included Jazmine Zarah, Zoey Ison, Kia Burns, Ashleigh Hooper, Kristy Lowry, Jordan Cotter, Tanisha Bolton and Emma Beafoy.

The Oxley All stars won in an exciting game against Farrer in the Senior Boys. The All Star players were Brendan Footit, Kalyn Knight, Brad Way, Lynken Dickson, Alex Honeysett, Keanu Moore, Travis Beard, Will Kam, Mark Alford and Brendan Thift. Each winner received a $20 voucher from URXS.

The High School Oztag Competition will commence on the 21st September 2011. Games are played on Wednesday afternoon’s and the cost is $40 per player. Teams are mixed and divisions are U/12, U/14 and U/16’s. For Registration forms see Mrs Davis or Visit www.tamworthjunioroztag.com

SPORTS COUNCIL DISCO TERM 3

The Sports Council disco was held on Wednesday 24th August 2011, with the theme being ‘Black and White’. Year 12, in their final disco at Oxley chose to all come in Gold to stand out in the crowd. Going all out with their costumes and dance moves, Year 12 were the most highly represented year on the night.

Some of the notable costumes included: skunks, newspaper dresses, mimes, pandas, the year 12 GOLDEN girls, the naughty bunnies, dominos, convicts, maids with many other fantastic costumes throughout the night. There were many awards given out for the best dressed and lucky door prizes on the night. The Sports Council would like to thank all those that attended and supported the evening.
**Surviving Adolescence**

**How to Manage and Let Go of your 13-18 Year Old**

Surviving Your Adolescents is a free course aimed at providing parents with solutions for dealing with teenage behaviour.

You will learn:

- What is normal adolescent behaviour
- How to manage teen risk-taking
- Exactly what problems require “letting go”
- The Four Cardinal Sins (What not to do)
- The relationship between parent-teen communication and adolescent safety
- The five ways to improve your relationship
- What role to take: Observer, Advisor, Negotiator, Director
- How do you respond to emotional blackmail

This course runs over two Thursdays, 20th and 27th October from 5:30 to 8:30pm, and will be held in the Family Relationship Centre, Cnr Bridge and Hercules Streets Tamworth. Bookings are essential and can be made by dropping in at the centre or calling 67629200.

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**The Butterfly Foundation’s Body Image Booster**

Did you know that body image is how you FEEL about the way you look? It’s actually NOT about what you look like. Anyone can feel fantastic about themselves and in fact, we think you deserve to. Building self-esteem and positive body image are vital for children to grow into happy and well-adjusted adults and parents can have a very positive impact in these areas of their child’s life.

Sometimes, despite a parent’s best effort to raise a happy and healthy child, things do not always go to plan. It is important to know the early warning signs of when your child maybe experiencing issues with their self esteem and body image. Picking up on these cues can help your child prevent developing a serious illness such as depression, anxiety or an eating disorder. The Butterfly Foundation provides a national telephone and online support service for any person affected by an eating disorder or negative body image, including sufferers, carers, or professionals working with someone who has, or they suspect may have an eating disorder.

Here are some great tips from the Butterfly Foundation to help you to build your child’s self-esteem and body image.

- Avoid looking in the mirror and thinking or saying negative things about your appearance.
- Avoid talking about diets, weights or clothes sizes, as well as discussing other people’s weight, shape or size giving the impression that these things are highly valued by you.
- Encourage your child to talk with you about their feelings, emotions, daily activities and friends.
- Find ways to praise and encourage your child and demonstrate to them how proud you are and how much you love them.
- Spend time with your child doing things they enjoy and find ways to get them involved with appropriate things you love to do.
- Help your child to identify the things they enjoy doing and the activities and hobbies that make THEM happy. Highlight to them that they are doing different things that have the power to make them feel good.
- Encourage your child to step outside their comfort zone by trying new and different activities. This can help your child to understand their potential and helps them to identify the things that they enjoy or don’t enjoy doing.

Understand your own body image blueprint - be aware of where your body image attitude comes from so that you can make conscious decisions about the messages you send to your children.

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**CHS Netball**

Oxley High School Netball girls are the North West Netball Champions after defeating Manilla, Tamworth, Peel, Coonabarabran and Duval High School. This placed them into the NSW top 16 and progression to the State Final Round Robin competition in Sydney on the 6th and 7th September.

Netball at the Top 16 is extremely strong and the 12 Sydney and Metropolitan teams dominated most matches. The girls played Blaxland, Merewether and Kirrawee High Schools in the Tuesday Pool games. Oxley were defeated in those games which placed them in the bottom half of the draw.

Wednesday’s first match was against Endeavour Sports High. The girls scored the first goal and continued to play strongly across the court. Excellent defence and accurate shooting saw Endeavour take a comfortable lead and win. Dapto and Ellerslie High Schools were closer matches, but once again Oxley was not quite strong enough.

The Team consisted of: Alex McCrohon, Gemma Sipple, Lucy Wilcher, Makayla Gardiner, Kodie Winters, Maddie Patterson, Tori-Jane Wheeldon and Rachel James. The girls should be very proud of their achievements to be ranked 16 in the state. Madeleine Patterson celebrated her 16th Birthday while we were away. Happy Birthday Maddi. Looking forward to next year, maybe some training won’t go astray!!

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**Order Quest Today**

Oxley High School’s annual magazine, Quest, is almost ready! Get your order in now to make sure you get a copy. Orders are $16 each and can be made at the front office.

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**Congratulations Tori Saunders**

Just an update on how Tori went at the National Junior Road Cycle Titles. She won a bronze medal in the individual Time Trial, placed 8th in the Road Race and won a second bronze in the Criterium.

Congratulations Tori.

On behalf of Oxley High School we would like to make available to you full-colour issues of both of our school newsletters, The Anchor and The Logbook, as they are released, via our email system. We are also excited to announce our newsletters are available directly from the Oxley High School website, which can be found at www.oxley-h.schools.nsw.edu.au Regards, Oxley High School. If we have not received your email details please contact the school or email your details to: oxley-h.school@det.nsw.edu.au so everyone can access our newsletters.

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**Calendar**

<table>
<thead>
<tr>
<th>MONDAY 19 SEPTEMBER</th>
<th>TUESDAY 20 SEPTEMBER</th>
<th>WEDNESDAY 21 SEPTEMBER</th>
<th>THURSDAY 22 SEPTEMBER</th>
<th>FRIDAY 23 SEPTEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>P3 Drama Pac Exam – D Smith</td>
<td>Year 12 Final Assembly</td>
<td>Y12 Farewell Breakfast</td>
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<tr>
<td>MONDAY 10 OCTOBER</td>
<td>TUESDAY 11 OCTOBER</td>
<td>WEDNESDAY 12 OCTOBER</td>
<td>THURSDAY 13 OCTOBER</td>
<td>FRIDAY 14 OCTOBER</td>
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<tr>
<td>Term 4 Begins</td>
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<td></td>
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